

## Crocodile Roll



**"Practise makes better!"**

**Practise your GymZOOnasium exercises each day :)**

**\* Each day you practise: place a tick, sticker or stamp below.**

|                                                                                     |        |         |           |          |        |          |        |
|-------------------------------------------------------------------------------------|--------|---------|-----------|----------|--------|----------|--------|
|    | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|    | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |